

## ABSTRACT OF THE DISCLOSURE

In one aspect, the present invention provides methods for producing conifer somatic embryos. The methods of this aspect of the invention each include the steps of cultivating conifer embryogenic cells in, or on, a synchronization medium that comprises  
5 an absorbent composition and at least one synchronization agent selected from the group consisting of abscisic acid and a gibberellin. Some embodiments of the methods provide a synchronized population of conifer somatic embryos wherein at least about 50% of the embryos are at about the same developmental stage. Some embodiments of the methods of the invention yield at least 100% more cotyledonary somatic embryos than an identical  
10 method for producing conifer somatic embryos that does not utilize a synchronization medium comprising an absorbent composition and at least one synchronization agent selected from the group consisting of abscisic acid and a gibberellin.

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